

CAIRN STONE NEWSLETTER

TO: TRAINING TEAMS
FROM: COACH RON GUNN
DATE: March 16, 2023
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CAIRN STONE HIKERS HELP ORCHESTRATE AWESOME LUCKY TURKEY

LUCKY TURKEY: I am appreciative of all the Cairn Stone hikers who helped me orchestrate a beautiful return of the *Turkey Trot* to SMC. Despite more snow challenges the race went very well and SMC staff were impressed. Special thanks go to Marlene and Gary Kachur, Flo Sasaki, Karen Smith, Jay and Kathy Crouch, Larry Lies, Dave Dits, Tom Wisniewski, Dee Curtis, Heather Birky, Eileen Crouse, Beth Baker-Janssen, and Jeff and Melissa Gunn. The green beer flowed at Lindy's!

LAWLESS: Our next training hike will be held this **Saturday, March 18 at Dr. T. K. Lawless County Park** near Volinia, 5 miles east of Cassopolis. A short lecture on the technique and strategies for going up hills and mountains and a trip update will start at **9:00AM**. Beautiful all trail hikes of 13.1, 8.2, and 6.2 miles will start at 9:15AM. Please pay parking fee into the *Jog Pot* (\$3), not at the entrance. There are modern toilets and the park staff promise to have a nice fire going for our lecture in the shelter. Our training program is now up to a ½ marathon distance and there is no better place to hold the hike than on the beautiful home of the *Sandhill Crane ½ Marathon*.



DIRECTIONS: Find DRIVING MAP LINKS to Lawless Park and Lindy's in your email message.

REHYDRATION STATION: *FREE GREEN BEER!* I have designated *Lindy's Restaurant* as our rehydration station. And as a **special bonus** I will buy any Cairn Stone trekker a green beer to celebrate St. Patty's Day! The password for the free *wheat juice* is **FIREUP!**

TEST HIKE: The first of our two *Test Hikes* will take place at **Jordan River Valley**. Please find attached complete information on this first *Test Hike* which is rapidly approaching. Please review carefully and make your reservations early. I am fired up for this hike and this is truly an exciting time and it is a great destination hike for those not testing (only elite hike candidates need to test)! I am sure we will also have several *Training Partners* sign up for this classic Cairn Stone hike to enjoy the great destination.

"I am Scottish but on St. Patty's Day everyone is Irish! Happy St. Patty's Day!"

Coach Gunn

